

Mental Health Resources

Chesapeake, Norfolk, Portsmouth, Virginia Beach, Eastern Shore

SUICIDE/MENTAL HEALTH CRISIS

Call or Text 988 Suicide & Crisis Lifeline or call 757-656-7755 for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

NAMI Resources

NAMI Helpline: can be reached Monday through Friday, 10 a.m. - 10 p.m., ET. Call 1-800-950-NAMI (6264), Text "Helpline" to 6240 or email us at helpline@nami.org NAMI Coastal VA Helpline 757-499-2041, M-F 10 a.m. - 4 p.m., In a crisis call or text 988

CRISIS INTERVENTION

Emergency Mental Health Services/Intake (24/7) If unsure where to call, begin here for referrals

Chesapeake: 757-548-7000

Norfolk: 757-664-7690

Portsmouth: 757-393-8990

Suffolk/Isle of Wight: 757-925-2484

Virginia Beach: 757-385-0888

Eastern Shore: 757-442-3636

Military and Veterans: 1-800-273-8255, press 1 or Text 838255

Samaritan House:

(sexual assault, domestic violence)
757-631-0710

POLICE EMERGENCY

Call 911, Explain there is a mental health emergency, ask for a CIT (Crisis Intervention Team) who are trained to manage mental health crises.

PSYCHIATRIC HOSPITALS

Bon Secours Maryview Medical Center:
757-395-2200

Crisis Intervention Counselor:
757-398-2404

Sentara Norfolk General: 757-388-3000

Sentara Virginia Beach General:
757-395-8000

Virginia Beach Psychiatric Center: (free confidential assessments) 757-496-6000/
757-627-5433 Intake

Children's Hospital of the Kings Daughters (CHKD) 757-668-7000

Kempsville Center for Behavioral Health:
757-461-4565 (child/adolescent facility)

CITY COMMUNITY SERVICES BOARDS

(Mental Health)

Chesapeake Integrated Behavioral Health:
757-547-9334

Norfolk Community Services Board:
757-756-5600

CITY COMMUNITY SERVICES BOARDS Cont

Portsmouth Behavioral Healthcare Services:
757-393-5357

Virginia Beach Behavioral Health Adult Services Mental Health/Substance:
757-385-0511 Youth 757-385-0850

Eastern Shore Community Services Board:
757-665-1260

Western Tidewater Community Services Board: 757-758-5106

CHILD & YOUTH SERVICES

Children's Hospital of the Kings Daughters (CHKD): 757-668-7000

Kempsville Center for Behavioral Health:
757-461-4565

The Barry Robinson Center:
757-455-6100

Sarah Michelle Peterson Foundation:
info@sarahmpetersonfoundation.org

Stand Up For Kids: 757-818-4901

United Methodist Family Services (UMFS):
757-490-9791

FREE/REDUCED COST HEALTH CLINICS:

Chesapeake Care Clinic: 757-545-5700

Hampton Roads Community Health Center:
757-393-6363

Norfolk Hopes Free Clinic: 757-446-0366

Bon Secours Care-A-Van: 757-889-5121

Eastern Shore: Bay Community Health Center, Cheriton: 757-331-1066; Rural Health Center: 757-787-7374

HOMELESS RESOURCES

Regional Housing Crisis Hotline:
757-587-4202

Chesapeake Homeless Resource Ctr:
757-937-8740

Housing Resource Center: 757-385-5167

Norfolk Housing & Redevelopment Authority:
757-623-1111

PIN Ministry: 757-962-3567

Seton Youth Shelter: 757-498-4357

Union Mission: 757-627-8686 x200 (men), x354 (women), x335 (women with children)

Virginia Supportive Housing:

www.virginiassupportivehousing.org

Vetshouse for Veterans: 757-724-8614

VA Beach Community Development Corporation: 757-463-9516

LGBTQ+RESOURCES

The Trevor Project: Call 1-866-788-7386 or text START to 678-678 Trained counselors supporting youth in crisis and/or in need of a safe place and judgement-free place to talk 24/7

LGBT Life Center: 757-640-0929
info@lgbtlifecenter.org

Hampton Roads Pride: 757-833-4700

"YOU" LGBTQ+ Youth Pride Night:
757-818-4901

SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous 757-490-3980

Narcotics Anonymous 866-972-5055

Pathways 757-385-6950 (scheduled to reopen by end of 2023)

MILITARY/VETERAN RESOURCES

Hampton VA Medical Center: 757-722-9961 ext. 3584

Stephen A. Cohen Military Family Clinic, Va Beach: 757-965-8686

www.va.gov

www.ptsd.va.gov

www.giveanhour.org

REDUCED COST MENTAL HEALTH SERVICES

Catholic Charities: 757-456-2366

Jewish Family Services: 757-321-2222

Tidewater Pastoral Counseling:
757-623-2700

EVMS Hope Free Clinic: 757-446-0366

SHERIFF'S OFFICE

Chesapeake: 757-382-6159

Norfolk: 757-664-4700

Portsmouth Police: 757-393-5300

Suffolk: 757-514-7840

Virginia Beach: 757-385-4555

Eastern Shore: 757-678-0458

OTHER RESOURCES

National Alliance on Mental Illness (NAMI):

NAMI Coastal VirginiaL 757-499-2041,
www.namicoastalvirginia.org

Free support groups/classes/programs

Chas Foundation: 757-489-2427

Emotions Anonymous:

www.emotionsanonymous.org

Independence Center: 757-461-8007

Disability advocacy & services

Hampton Roads Survivors of Suicide Support Group: 757-464-9289

Legal Aid: 866-534-5243

Mental Health America: 800-969-6642

Office for Aging Services:

800-552-3402

SAMSHA (Substance Abuse & Mental Health Services Administration) www.samsha.gov

SMART 911: www.smart911.com

The UP Center: 757-965-8683

Virginia Department of Behavioral Health:
804-786-3921 State agency for mental health

TELEHEALTH

Telehealth options may vary with regards to insurance and services provided.

Local Providers: Find local providers offering Telehealth, specific insurance treatment coverage, and specialty areas/modalities treatment www.psychologytoday.com

NAMI (National Alliance on Mental Illness) Coastal Virginia is one of 650+ nationwide non-profit affiliates whose mission is to support, educate and advocate for individuals and families affected by mental illness. All programs are FREE of charge. Improving the quality of life for individuals and families going through recovery is NAMI Coastal Virginia's mission.

Anyone can experience the challenges of mental illness...one in five people do. We are here for you.



For all of these resources and more, scan this code!

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